

KeyNotes — News of the KeyStone Center Extended Care Unit

First Quarter, 2022

A Message from the Director, David Pellack PhD, LPC, CSAT

As new director of the ECU, I am excited to have the opportunity to reinstate a newsletter sharing the tremendous work that continues to be done at the ECU, one day at a time, since 1996. I follow in the footsteps of a legacy of talented clinicians, beginning with our founder Dr. Patrick Carnes himself, dedicated to providing outstanding, compassionate care to individuals with sexual addiction, compulsivity, and trauma. Being part of an incredibly talented team of therapists and counselors with diverse backgrounds, theoretical orientations, training, and professional experience – some who have dedicated over 20 years to the ECU and many others with well over 20 years of experience in the field of addiction and trauma – I look forward to building upon the excellent quality of clinical treatment that the ECU has always been known to provide. I look forward to providing updates in future editions of KeyNotes about our plans to expand services at the ECU, as well as ways in which we are continuing to advance the quality of treatment that our team provides. In fact, we are preparing to launch our newest venture - quarterly Zoom reunions with our alumni. Our goal is to provide an opportunity for alumni to touch base with each other and for staff to discuss a recovery-related topic of interest in a relaxed, informal setting.

On behalf of the entire ECU team, I wish everyone a peaceful, safe, and healthy 2022!

Sharing the message of hope -
David

“The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.”
- Pema Chodron

Key Team Member: Dillon Reeves

The ECU warmly welcomes our newest individual therapist, Mr. Dillon Reeves, LSW. Dillon is a member of the Systems-Centered Training and Research Institute (SCTRI) devoted to applying and developing the theory of living human systems to serve and improve the lives of individuals and families seeking treatment. Dillon is dedicated to clinical social work as a distinct practice orientation which emphasizes social action, critique, resource sharing, and the transforming potential of personal and community relationships. Dillon derives inspiration for clinical work from classic depth psychology (he loves Freud), American literature, and reflection upon contemporary mental health practice. Dillon is a social work graduate from the University of Pennsylvania. In December, Dillon and his partner happily welcomed their first child, Felix!

ECU MileStones

* Director David Pellack, PhD, LPC, CSAT, presented lectures on addiction and recovery to seminarians and priests at The National Seminary of The Catholic University of America in Washington, DC on January 28th and 29th, 2022.

* Psychodramatist Nancy Willis, MSW, LSW, CP, and Intake Coordinator Marc Treanor, MEd, CAAP, ICGC-I, presented an in person training workshop entitled *Psychodrama and Sex Addiction in Media*, PA on January 22, 2022, for The Delaware Valley Psychodrama Collective. The Collective which meets for monthly trauma workshops. All are welcome.

* Art Therapist ToniAnn Eisman, LPC, CSAT-Candidate, recently became a Board Certified Art Therapist (ATR-BC).